24. We estimate his mass in the neighborhood of 70 kg and compute the upward force F of the water from Newton's second law: $F - mg = ma$, where we have chosen $+y$ upward, so that $a > 0$ (the acceleration is upward since it represents a deceleration of his downward motion through the water). His speed when he arrives at the surface of the water is found either from Eq. 2-16 or from energy conservation: $v = \sqrt{2gh}$, where $h = 12$ m, and since the deceleration a reduces the speed to zero over a distance d = 0.30 m we also obtain $v = \sqrt{2ad}$. We use these observations in the following.

Equating our two expressions for v leads to $a = gh/d$. Our force equation, then, leads to

$$F = mg + m\left(g\frac{h}{d}\right) = mg\left(1 + \frac{h}{d}\right)$$

which yields $F \approx 2.8 \times 10^4$ kg. Since we are not at all certain of his mass, we express this as a guessed-at range (in kN) $25 < F < 30$.

Since $F \gg mg$, the impulse $\vec{J}$ due to the net force (while he is in contact with the water) is overwhelmingly caused by the upward force of the water: $\int F\,dt = \vec{J}$ to a good approximation. Thus, by Eq. 9-29,

$$\int F dt = \vec{p}_f - \vec{p}_i = 0 - m\left(-\sqrt{2gh}\right)$$

(the minus sign with the initial velocity is due to the fact that downward is the negative direction) which yields (70) $\sqrt{2(9.8)(12)} = 1.1 \times 10^3\,\text{kg} \cdot \text{m/s}$. Expressing this as a range (in kN·s) we estimate

$$1.0 < \int F\,dt < 1.2.$$